



Bean Zine #7

recipes and postcards

Bean Dream #13

Recipes

Winter Salad
Breakfast Soup
Chicken with Chickpeas

Bean Dream #14

Portrait Postcards

January: Black Bean Carnival
February: Dried Kidney Bean

Carefully cut open this pocket
to release the postcards.

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Bean Dream #13: Indications

Oh hi again! I doubt you make Bean Zine recipes as often as I do, after these ten years, but if somehow you do then maybe you have the same trouble as me. I will often think of a recipe, and then have to hunt through every tiny zine to figure out where it is. About 5 years ago I finally made myself an index, which has solved the problem but seemed like such a small thing (one page!) that I didn't think it was worth sending to anyone else.

However, this month I have been reading a book from 1879 called *What Is an Index?** that has been convincing me otherwise. It was written by the founder of the Index Society and he asserts that writing an index is a more intellectual and creative task than writing the original text that is being indexed. He encourages people to create new indexes for old texts, to boldly index other people's works, and especially to create hostile indexes about works you don't like, to clearly list the reasons why they suck. What a visionary. In that spirit I have included a section on the back of the Bean Zine index for recipes that in hindsight are kind of bad.

So welcome back to Bean Zine! This time I am assuming you know how to cook dry beans. As always, send me any type of message to unsubscribe or subscribe and feel free to make copies.

* If you didn't realize already, I have a bit of a passion for boring things.

Winter Salad

This is adapted from the most gigantic recipe I have ever seen, serving 12 people as a main. This version is for 6 as a side.

2C cooked cannellini beans
2 medium yams or sweet potatoes, cut in thin wedges
500g brussels sprouts, shredded
1/2C sunflower seeds
olive oil
salt

creamy dressing

1/2C olive oil
1/2C shredded parmesan cheese
1/4C tahini
1.5T lemon juice
1t dijon mustard
1T worcestershire sauce
2 cloves garlic
salt and pepper to taste

1. Preheat oven to 425F. Toss the beans with olive oil and salt, and spread on a baking sheet. Toss the yams with olive oil and salt, and spread on a separate baking sheet. Roast for 25-30 min until yams are golden and beans are crispy.
2. Toss the shredded brussels sprouts with olive oil and salt, and spread on a baking sheet. When there is room in the oven, roast for 15 minutes until edges are crispy.
3. Blend all dressing ingredients until smooth. Taste and add salt and pepper if desired.
4. Mix everything together, toss with dressing, and serve.

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Bean Dream #14: Double Protein

This may surprise people who read bean zines, but there are people in the world who are hesitant about legumes. Of course there will always be people who don't like something, but with beans there is also a set of people who find that they are left hungry after bean dishes or vegetarian food in general. I sympathize! I have been, at various times, anemic, postpartum, into weight-lifting, and clinically fatigued, and I have found myself daydreaming about 3 steaks stapled together as a snack.

For people in that situation I have an offering, and the offering is Double Protein.

This is simply a practice of adding more than one type of protein in a meal (beyond the usual pairing of beans and grains). For vegans this might be legumes and nuts or seeds. For vegetarians it could also mean legumes and dairy, or legumes and eggs. For omnivores this can extend to legumes and meat. You can even do a triple.

I'm not sure why multiple kinds of protein are more filling than a large portion of one kind, but it does seem to satisfy most folks. It's a handy strategy when cooking for guests or dropping off food, and also for situations where non-vegetarians have less access to meat, like camping or emergency supplies.

Breakfast Soup

One for my fellow savoury breakfast fans. This individual serving is easy to put together on the stove or in a microwave. For variety, consider other vegetables like cherry tomatoes, bell peppers, avocado, spinach, or other greens.

1C chicken or vegetable broth
1/4C cooked black beans
1/4C frozen corn kernels
salt
1 egg
1 green onion, sliced
1/4C cabbage, finely sliced
1T cilantro, minced
optional: sliced pickled hot peppers
optional: shredded cheddar cheese

1. In a small saucepan, combine broth, beans, corn, and garlic. Bring to a boil, then reduce to a simmer. Taste and add salt if needed.
2. Crack the egg into the simmering broth. Keep the broth at a low simmer and poach the egg in the soup, uncovered, for 3-5 minutes until the whites are completely cooked and the yolk is as firm as you like it.
3. Ladle or pour the soup into a bowl and top with green onions, cabbage, cilantro, and pickled hot peppers and cheese if using. Serve with tortillas, toast, or corn chips.

Note: I like to prep a few servings of the beans and toppings and keep them in the fridge, to make soup assembly super quick.

Chicken With Chickpeas

*Lemony beans and potatoes cooked in chicken drippings,
courtesy of Smitten Kitchen.*

chicken marinade

4 bone-in chicken thighs (about 1kg)
juice of half a lemon
1/2t dried oregano
1t kosher salt

assembly

half a lemon, thinly sliced, seeds removed
2C cooked chickpeas (or 1 can, drained and rinsed)
1 yellow onion, halved and thinly sliced
3 medium yukon gold potatoes
3 garlic cloves
3T olive oil
1/2t oregano
1t kosher salt
1/2t freshly ground black pepper

serving

handful of flat-leaf parsley, chopped
capers
lemon wedges

1. In a large bowl, whisk together the lemon juice, oregano, and salt. Add chicken and turn over and over to coat. If not making the dish right away, cover and refrigerate.
2. Preheat oven to 450F (so hot!).
3. In a baking dish or lasagna pan, combine lemon slices, onion, potatoes, chickpeas, and garlic. Drizzle with 2T olive oil and sprinkle with oregano, salt, and black pepper. Mix well.
4. Place chicken thighs on top of the potato-chickpea mixture, skin side up. Pour any juices from the bowl over the potatoes and chickpeas. Pat the chicken skin dry and drizzle with another tablespoon of olive oil.
5. Roast for 45 minutes or until chicken is cooked and skin is very crispy. Transfer the chicken to a plate. Stir the potato mixture and return the pan to the oven for 10-15 minutes until potatoes are cooked and edges are starting to brown.
6. Return chicken thighs to the pan and sprinkle the whole thing with parsley. Serve with lemon wedges and capers. I like to add something simple and green as a side dish: green peas, steamed broccoli, or dressed greens.